

# TAKE THE \$10 FOR 4 CHALLENGE

Do you have what it takes to make a healthy meal for a family of four spending just \$10? Join the SNAP-Ed Healthy Recipe Challenge.

**SHOW US WHAT YOU'VE GOT!**

CALLING  
ALL MAINE  
CHEFS!

**SHOP COOK EAT**

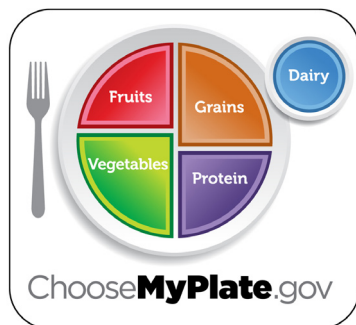
healthy, on a budget. *It's a snap!*



# MAINE SNAP-ED IS CALLING ON LOCAL CHEFS!

No matter where you work in your community, whether you work in a restaurant, day care center, school, or hospital, show us how you would feed a family of four on \$10. March is National Nutrition Month, and Maine SNAP-Ed is celebrating by promoting healthy recipes that can be easily prepared and served without breaking the budget.

## MAINE SNAP-ED HEALTHY RECIPE CHALLENGE RULES:



- Use up to \$10 to feed a family of 4 (total cost excludes pantry items such as affordable and frequently purchased oils, varied herbs and spices)
- Recipe must be easily made at home with limited kitchen equipment in 30 minutes or less
- Recipe should use low-fat and low-sodium ingredients
- Recipe must use fewer than 10 ingredients commonly found in grocery stores across Maine
- Recipe must include at least 3 food groups following the USDA MyPlate guidelines
  - Low cost lean protein sources such as beans and legumes
  - Fruits & vegetables: fresh in-season, frozen, or canned
  - Low-fat or fat free dairy products
  - Whole grains
- Please provide a picture of the final product

To enter, simply email your recipe and a picture to [mainesnapped-ed@une.edu](mailto:mainesnapped-ed@une.edu) by March 31st  
Any questions? Email [mainesnapped-ed@une.edu](mailto:mainesnapped-ed@une.edu) or call 221-4560

## THE WINNING CHEF WILL RECEIVE STATEWIDE RECOGNITION AND MAY EVEN GET A CHANCE TO PREPARE THE RECIPE ON TV!

Maine SNAP-Ed and the Nutrition Educators who work with us share a commitment to helping low income families learn more about healthy eating on a budget. Your recipe will contribute to helping us meet that goal!